

# "Is it *done* yet?"

You can't tell by *looking*. Use a **food thermometer** to be sure.

## USDA Recommended Internal Temperatures



Steaks & Roasts  
**145 °F**



Fish  
**145 °F**



Pork  
**160 °F**



Ground Beef  
**160 °F**



Egg Dishes  
**160 °F**



Chicken Breasts  
**170 °F**



Whole Chicken  
**180 °F**

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)



United States Department of Agriculture  
Food Safety and Inspection Service

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